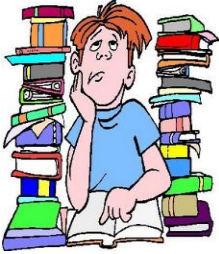




When Tests Make You Nervous


#1 STUDY

Little by little, with short breaks.




#2 GOOD SLEEP

Your brain needs sleep to retain information. Sleeping before a big test is always important!



#3 BREAKFAST

Eat breakfast to give your body the energy needed to perform its best!



#4 PREPARED & ON TIME

Try to be a few minutes early, and bring what you need for the test. This will help you feel relaxed.




#5 THINK POSITIVE

How we think Affects how we do! Think good, do good!




#6 ASK FOR HELP

Asking for help when you need it will only help you do better!




#7 YOU KNOW LOTS!

Your brain can hold More information than you could ever imagine! It's just a Matter of finding it!



#8 GO MEDIUM SPEED

Not too fast, but not too slow.




#9 FORGIVE YOURSELF

Nobody gets 100% on every test! If you do not know the answer, take your best guess and move on.



#10 BREATHE

Take some deep breaths, in through your nose and out through your mouth. This will help your body relax and your brain focus!



#11 CELEBRATE

After the test, celebrate by hanging out with friends or doing your favourite activity. The test is done and there is nothing you can do to change your answers now!

